HAWKIN DYNAMICS USER MANUAL



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LOGGING IN:

1. Enter the login credentials for your account.

(NOTE: Please ensure your device has an internet connection when you first login.)



2. After you log in you will be directed to the Managing Connection page. On the testing screen, tap the blue "connect" button in the middle of the testing screen. The "Connection" dialog will pop up showing available plates (NOTE: make sure your force plates are powered on and in "pairing mode").





MANAGE CONNECTION:

3. Tap on the set of plates to which you'd like to connect and wait to establish a connection.

Once the connection is established, the "Manage Connection" dialog will show the plates' status as "Connected" and will show the current battery status, battery level percentage, and controller version. You will also be able to zero the plates from here.



TESTING:

4. Once you have connected to your plates, you are ready to begin testing. Slide out of the "Manage connection page" and select the test type by tapping the test name in the bottom left corner of the testing screen. Choose/change the athlete you are testing by tapping the athletes name in the top left corner. (NOTE: If not all of your athletes are showing up, move back to the Team Management screen and make sure you've selected the correct athlete group).



TESTING:

5. After selecting the correct test type and athlete, instruct the athlete to stand still on the plates, press the "Play" button in the bottom right of the testing screen, and wait for the beep. If you want to set a timer press the clock icon above the blue "Play" button and set a time. After a 1s quiet phase, the app will make a beep sound and the screen will flash, indicating the athlete can begin movement. (NOTE: Test protocol varies for different types of tests; i.e. drop jump does not require the athlete to stand on the plates before the test begins).



6. Once the test has completed, results will show immediately. To save the test, tap the blue "save" button in the bottom right, and to delete the test click the red "discard" button in the bottom left. You can scroll down and see all the metrics calculated for the test.

REVIEWING RESULTS:



8. To filter the metrics displayed on the app, tap the three dots on the top right corner and choose "Manage Metrics," select your metrics, and press the back arrow in the top left corner. 7. To look at the test after saving it, select the "history" icon on the bottom right of the screen. Select the test you want to view.

METRICS:



FAILED RESULTS



9. With the latest update of the Hawkin Dynamics App, we will now show you the force traces for failed tests so that you can effectively communicate to your athletes why they might be having a difficult time achieving passing results.

Overview

The Hawkin Cloud portal is your main tool for analyzing, reporting on, and exporting collected data. The cloud features a centralized selection bar and cascading windows for different actions - this allows you to analyze data and build reports for the team, groups, or individual athletes from one fixed navigation bar.

To use the cloud, first select whether you're interested in viewing data for a team, group, or individual athlete (highlighted in RED)

To view tests, click on the "Tests" tab (highlighted in BLUE) and to build reports, click on the "Analyze (highlighted in GREEN).

Hawkin Dynamics				🖍 Live Test	ting 🕕 Scoreboard ? Su	pport 🔹
Teams Groups Athletes	HD First Team		🖨 Analyze		🕢 Tests	
Search	Tests				Sessions	
	DATE RANGE				June 16, 2021 5 Tests	±
🗘 - HD First Team	Athlete	Key Metric	Date	Edit	Lune 15 2021	
	Drake Berberet	Jump Height	6/16/21 11:22:23am		12 Tests	±
Squad		U.40 m			June 14, 2021 19 Tests	Ŧ
	Drake Berberet Squat Jump	Jump Height 0.36 m	6/16/21 11:21:07am		June 11, 2021 12 Tests	Ŧ
	Drake Berberet CMJ	Jump Height 0.41 m	6/16/21 11:20:51am		June 10, 2021 32 Tests	Ŧ
	Drake Berberet	Jump Height 0.43 m	6/16/21 11:20:33am		June 9, 2021 5 Tests	Ŧ
					June 8, 2021 23 Tests	Ŧ
	Drake Berberet CMJ	Jump Height 0.39 m	6/16/21 11:18:36am		June 7, 2021 5 Tests	Ŧ
	- Varah Ball	Jump Height			June 3, 2021 33 Tests	±
ROSTERS		EXPORT				

Adding Teams, Groups, and Athletes

Hawkin Dynamics										
	Teams	Groups	Athletes							
Search - Te	 ams 									
HD First	t Team									
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8 ,	ulie Ibanan		r							
🌀 к	íira Watson		r							
🛞 L	eila Watson		r							
🐼 c	Dliver W		ľ							

- 1. Select Team, Group, or Athlete
- 2. Click the Plus Icon to add a new team, group or athlete.
- 3. Follow the workflow depending on what you're setting up. You can add demographic information for athletes, add athletes to a new group, and populate a new team with groups and athletes. Click save on the bottom right corner, and then the yellow close tab on the upper right corner.

Please note that only Organizational Administrators can create new teams and manage access. New user accounts can be added to each team by clicking the "Manage Access" button in the settings icon in the upper right corner.



Understanding Groups

Groups serve two main purposes in the Hawkin Dynamics system - they serve as a way for you to filter athletes at the time of testing, and as comparison populations. Data only flows to groups AFTER they have been created, athletes can be members of multiple groups, and group aggregates will be maintained even if all members are removed from the group. If you have questions or need help setting up your groups, please contact us support@hawkindynamics.com



Reviewing Tests

Hawkin Dynamics				🖍 Live Testi	ng 🕕 Scoreboard ? Sup	port 🏩
Teams Groups Athletes	HD First Team		🖹 Analyze		Tests	
	Tests				Sessions	
	DATE RANGE				June 16, 2021 5 Tests	±
	Athlete	Key Metric	Date	Edit		
HD First learn	Drake Berberet CMJ Arm Swing	Jump Height	6/16/21 11:22:23am		June 15, 2021 12 Tests	Ŧ
Calibration / Squad		U.40 m			June 14, 2021 19 Tests	¥
	Drake Berberet Squat Jump	Jump Height 0.36 m	6/16/21 11:21:07am		June 11, 2021 12 Tests	Ŧ
	Drake Berberet CMJ	Jump Height 0.41 m	6/16/21 11:20:51am		June 10, 2021 32 Tests	Ŧ
	Drake Berberet	Jump Height	6/16/21 11:20:33am		June 9, 2021 5 Tests	Ŧ
		U.43 m			June 8, 2021 23 Tests	ŧ
	Drake Berberet CMJ	Jump Height 0.39 m	ump Height 6/16/21 11:18:36am D.39 m		June 7, 2021 5 Tests	Ŧ
	Karah Ball	Jump Height			June 3, 2021 33 Tests	Ŧ
ROSTERS		EXPORT				

TESTS PAGE VIEW:

The tests are organized chronologically. To change this, click date range and filter which days you'd like to view. Click save and close once you have finished.

HAWK	IN c s					Choose Date Range						
			😫 HD First Team		📋 Analyze							
			Tests				200, 200					
			DATE RANGE									
HD First Tear	m	,	Athlete									
		,	Chris Wales CMJ	Jump Height 0.31 m	7/15/21 4:22:58pm	July 15,						
					CMI Arm Swing	Jump Height 0.39 m		July 12, 2021 14 Tests	±			
						CMJ Arm Swing	Jump Height 0.16 m		July 9, 2021 1 Test	Ŧ		
				Aricka Price	Peak Force		July 8, 2021 7 Tests	±				
				1000		July 7, 2021 23 Tests	*					
								Dan H Free Run	Peak Force 5 N	7/14/21 4:20:48pm	July 6, 2021 6 Tests	ŧ
		Dan H Free Run	Peak Force 5 N		July 5, 2021 12 Tests	±						
			Dan H	Peak Force	7/14/21 3:55:06pm	July 2, 2021 5 Tests	÷					
						July 1, 2021 2 Tests	±					

12

REVIEWING A SINGLE TEST:

HAWKIN				🗸 Live Testing 🚦 Scoreboard 🖬 Support 🗘
Teams Groups	Alpine			
Search				
-	CATE RANGE			
S Asire	Cassie Liebdein	Jump Height		April 12, 2021
Alimni WSOC	0 04	0.3-	413921 528 40pm	April 5, 2021 ±
e Coby College	e Cassie Lieblein Oli	0.27 m		
Men's Baseball	e Cessie LiebAsin	Jump Height 0.3 m		
Mer's Baskettel	Orafotte Maarer	Jump Height 0.32 m		
Meris LAX	Charlotte Maurer Onl	Jump Height 0.3 m		
🖨 Men's Soccer	Guadotte Maurer	Jump Height 0.29 m		
Nords	Rosie Hust Chil	Jump Height		
e sweetine		Jump Height		
e Test Group	e co			
e Track Field	e Rosie Hust	Jump Height 0.25 m		
Voleytali Worren's Baskethali	e Meagan Olsen	Jump Height 0.28 m		0ctober 23, 2020
Wurren's Ice Hockey	Meagan Otem CNU	Jump Height 0.25 m		
Women's LAX	e Meagan Olian	Jump Height		
ROSTERS				

Clicking on a individuals test will allow you to visualize the test results on a force curve graph and show when change is occurring with the HD flagging system



YOU SELECT THE COMPARISON POPULATION FOR MONITORING > CHOOSE SELF & LAST 5 SESSIONS

- 0-1 STD (NO FLAG) ○ NO MEANINGFUL CHANGE
- >= 1 Standard Deviation improvement from the mean (YELLOW)
- >= 2 Standard Deviation improvement from the mean (GREEN)
- >= 2 Standard Deviation regression from the mean (RED)

 $\mathbf{\uparrow}$

Click any metric to view a trend report for that specific metric. Filtering the date range is an option for this feature as well.



Visualize the curve:

At the top left of the graph you can choose to view the force alone; or add in velocity, displacement, or power. You can also hover over the graph with the cursor to dive in deeper with more information.



EDITING A TEST:

CHANGE ATHLETE, CHANGE TAGS, OR DELETE A TEST



Click the box to check which test you want to edit (or click multiple boxes to edit more than one). Click "edit test" to change the athlete, tag, or delete the test.

EXPORTING A TEST:

Choose a date range and press "export", and have all of your tests exported into excel files filtered by test type.



CHAWKIN					📈 Live Testing 🖪 Scoreboard 関 Sup	port 🗘
Teams Groups	e Men's Baseball				∆ Tests	
Search					Sessions	
						*
🗟 Alpine				Clear All Edit	April 29, 2021	
🚳 Alumni WSOC	Nick Thompson ONJ	Jump Height 0.31 m			April 22, 2021 70 Tests	±
e Coltry College	Amogh Pakash	Jump Height			April 15, 2021 87 Tests	ŧ
😫 Men's Baseball					April 8, 2021	±
🐵 Mer's Baskettaal	Nick Thompson CM	0.33 -			April 1, 2021 48 Tests	ŧ
Men's los Hockey	e Amogh Prakash	Jump Height 0.39 m			March 25, 2021 51 Tests	ŧ
• MerisLAX	Amogh Pakash	Jump Height			March 18, 2021 81 Tests	±
e Men's Soccer		0.35			March 4, 2021	•
₿ Norde	Nick Thompson CNU	0.32			February 25, 2021	±
e SwimDive	Teddy Durbin CNU	Jump Height 0.46 m			February 18, 2021 94 Tests	ŧ
🕒 Test Group	B Tonymy McGee	Jump Height			November 16, 2020 90 Tests	±
🕒 Track & Field					November 9, 2020 93 Tests	±
🖨 Volleyball	Teddy Durbin ONU	0.37			November 2, 2020 93 Tests	±
S Women's Basketball	O CAU	Jump Height 0.33 m			October 26, 2020 90 Tests	±
Women's los Hockey	Teddy Durbin CMI	Jump Height			October 19, 2020 103 Tests	ŧ
Women's LAX		kara Heisht			March 10, 2020 3 Tests	±
ROSTERS		EXPORT			March 9, 2020	

OR export a batch of tests from a session:



	Alpine					I	analyze			🕚 Tests	
<		Profile Report	Comparison Report	DSI Report	EUR Report	Weight Report	Quadrant Report				
						F	$\mathbf{\Pi}$				
						L	Ц				
					F	Please Sele	ect a Templat	te			



*ALL REPORTS ARE PRINTABLE FOR QUICK DISSEMINATION ACROSS YOUR ORGANIZATION.

- 1. TREND REPORT (SCATTER PLOT W/ TREND LINE)
- 2. <u>PROFILE REPORT</u> (RADAR & BAR CHART)
- 3. <u>COMPARISON REPORT</u> (TABLE W/ BAR CHART)
- 4. DSI REPORT (SCATTER PLOT W/ TABLE)
- 5.<u>EUR REPORT (</u>SCATTER PLOT W/ TABLE)
- 6. WEIGHT REPORT (TABLE W/ FLAGGING)
- 7.<u>QUADRANT REPORT</u> (QUADRANT PLOT W/ RANKING)



CREATING A REPORT: Click the settings button and design your report.

Create a template. Fill out the template information and add the metrics you want to analyze.





- DAILY MONITORING
- RECRUITING
- OFF-SEASON BUCKETING
- RETURN TO PLAY

TEMPLATES:





TREND REPORT:

Scatter plot with a trend line. Average of the metric within the session.

Grannin			Clive Testing 🖆 Scoreboard 📔 Support 🛱
	HD First Team	🖨 Analyze	△ Tests
		EUR Report Weight Report Quadrant Report	
HD First Team		Irend Report - test	
	Countermovement Jump Propulsive Net Impulse(Ns) 06/11/21-06/28/21	Average: 205N.s Counternovement.lump Max: 295N.s Peak Velochy(mk) Min: 91N.s 06/11/21-06/28/21	Average: 2,64m/s Maic 3,09m/s Min: 2,02m/s
😑 CSCCa 2021 🖌	225	2.85	
💿 Comparison Team 🛛 🖌	200		
EEMO Team			•
🍪 Demo Team for Testing 🧳	150 6/11 6/14 6/16 6/17 6/18 6/21 6/22 OSession Averages		16 6/17 6/18 6/21 6/22 6/24 6/25 6/28 Session Averages
HD Remote			Austane 1852N
e Importer Test	Time To Jakoffs) 06/11/21-06/28/21	Mac 0.09s Force at Min Displacement(N) Mirc 0.61s 06/11/21-06/28/21	Marc 964N
🔨 Rick's Team 🖌			
e SBase API	0.845	2000	
😝 sar 🖌	0.78		
🎲 Team 10 🖌			
🕄 Test Demo Team 5 🖌			
C Test Reports2	Session Averages		Gession Averages
		SETTINGS	PDF 🕥

PROFILE REPORT: Radar and Bar chart



RADAR





COMPARISON REPORT: Table with a bar chart.



DSI REPORT: Scatter plot with table.

					Cobraste .
HAWKIN				🗸 Live Te	sting 🖪 Scoreboard 😰 Support 🗘
	Drake Berberet		Analyze		Tests
dake X	Trend Report Profile Report	Comparison Report DSI Report	EUR Report Weight Report Quadrar	nt Report	
		C	ynamic Strength Inde	x	
🐼 Drake Berberet 🖌					
	0.72	••			
🖗 Drake Berberet 🥒	0.63	•			•
😨 Drake Berberet 🥒					
	0.45				
🖉 Drake Berberet 🥒	3/2 3/9 3/12 3/18		4/29 5/4 OSI		
	Avg. CMJ Peak Prop Force	Avg. ISO Peak Force	Avg. DSI	95 Difference	Total Difference
		3084 _N	0.66		
	Avg. CMI Peak Prop Force	Avg. ISO Peak Force	Avg. DSI	% Difference	Total Difference
		3084 _N	0.65		-0.02
	Avg. CMI Peak Prop Force	Avg. ISO Peak Force	Avg. DSI	% Difference	Total Difference
		3084 _N	0.67		
					PDF

QUADRANT REPORT: Quadrant plot with ranking

HAWKIN					✓ Uve Testing	🖪 Scoreboard 🖬 Support 🗘
Teams Groups Athle	🍝 '05 WYC -					🗘 Tests
		Quadrant	Report - JUMP N	IOMENTUM / SYSTEM	4 WEIGHT	
OS WYC - Play Hockey				Vs.		
6 HOF						105 WYC - Play Hockey +
HHOF Future Legends July 2019				19Xigmb		
🧭 Indana Pacers						
🔁 Kinduct	uogolg 221N			and the second second		
🖨 Kinduct 2			19 M	State and a second second		
🛞 NFLPA 2020						
• • **						
e wsz			CMI Jumo Momentum	CMI Susteen Waldete		
		e wvc210156				Quadriant I Higher Jung Monestum Higher System Weight
		e wycziołeo				
		e wrc210220				
		A MAC210168				
				SETTINGS		POF 🗾

EXAMPLE COMBINATIONS:

Jump Height ---> Time to Takeoff

Jump Momentum ---> System Weight

Jump Momentum ---> Braking Net Impulse

Peak relative Force ----> Modified RSI

EUR REPORT: Scatter plot with table

HAWKIN				Ar Live 1	estrg 🖪 Scoreboard 🖬 Support 💠
	🐥 HD First Team				
			ccentric Utilization Rati	io	
HD First Team					
- CSCC# 2021					
💿 Comparison Team					
😁 DEMO Team			6/14 6/16 6/17 6/18 DUR		
🐞 Demo Tears for Testing					
e HD Remote					Total Difference
A incenter Test					
A Rick's Team	Avg. CHU Jump Height	Avg Squat Jump Height	Avg EUR	% Difference	Total Difference
e State API	0.34m	U.36m			
€ sur					
	0.33 m	0.32 m	1.03	-6 %	-0.07
😧 Test Demo Team 5	06/03/21-06/03/21 O				
ROSTERS			SETTINGS		POF 🕥

 Beta.hawkindynamics.com/group 	s/zeptisujwi.40y4dodgWi	0-	
HAWKIN			🖓 Live Testing 🖸 Scoreboard 🖬 Support 🏟
	😫 Hawkin Dev	🖨 Analyze	🖨 Tests
	Trend Report Profile Report Comparison R	Report DSI Report EUR Report Weight Report Quadrant Report	
≂ teams		Weight Report	
		vs.	
	Athiete		
	Ge Drake Berberet	04/21/21 04/21/21 06/21 06/210	31.5 ts 20.4 ts
Prest Seeson Camp 2021	🕢 😁 Dan H	окулла окул	9.7
	Appent 🕒 🕒	03/22/21-03/22/21 03/26/20 03/20 03/26/20 03/2000 03/2000 03/20000000000	-4.1 ts -2.8 %
Us /	🕐 😻 Rohard F	080900 080900 027579 027579 185.6 189 Ibs	-3.4 _{ks} -1.8 _%
	0 🖑 Not	04/29/20-04/29/20 167.4 lbs 165.4 bs	1.9 1.2
	Ovis Wakes	06/29/22: 06/29/23: 06/20: 000: 00000: 00000: 0000: 00000:	1.4 _{ks} 0.8 _%
Forwards	David Kathmann	00000021-0000021 209.1 les 210.8 bs	-1.70.8
	🕒 🎯 Bernet Watson	001722-001723 000521-000521 208.6 bs 210.1 bs	-1.4 ts -0.7 %
	Other W	0071121-007121 239.9 km 238.3 km	1.6⊾ 0.7∗
			POF 🔵

•••

WEIGHT REPORT: Table with flagging

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					Vs.	
	1				Easeline Hean	
		0	Drake Derberet	186.2	154.7	
		9	A DecH		005.0	
re Season Camp 2021		-			225.51	
pring 2021 Camp		•	😫 Xoogh		144.8	
ta an instison formalia			Proved F	185.6	189	
			P 14		641703-041703	
			a	167.4	165.4	
		θ	Chris Wales		175.8	
		•	O Constitution		0605021 0605321	
			O CONTRACTOR		210.8	
		0	🔮 Dernet Watson	208.6	210.1	

- 0 1.9% CHANGE (GREEN)
- 2.0 4.9% CHANGE (YELLOW)
- +5.0% CHANGE (RED)

*ARROWS CORRESPOND WITH CHANGE OF DIRECTION

BODYWEIGHT COLOR KEY

OTHER FEATURES

- LIVE TESTING: See tests as the come
- SCOREBOARD: Rank athletes per metric
- SUPPORT: Help from us
- SETTINGS: Change/manage metrics, tags, users, emails, and logout.

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		•
CUeuHQjHk9NmsDDnU	0-	≫ Q ☆ 🖻 🔳 🖌 🔲 🎈 🗯 🚱 Update 🔅
		🖍 Live Teating 🖪 Scoreboard 🖬 Support 💠
Alpine	🖨 Analyze	Ĝ Tests
Alpine Trend Report Profile Report Comparison Report DSI Report	🖨 Analyze EUR Report Weight Report Quadrant Report	▲ Tests
Alpine Trend Report Profile Report Comparison Report DSI Report	Analyze EUR Report Weight Report Quadrant Report	▲ Tests
Alpine Trend Report Profile Report Comparison Report DSI Report	EUR Report Weight Report Quadrant Report	● Tests







SCOREBOARD

Last Tost 131 0°C Otak Indexer 272 0° 100 0° Increa Watan 56.95 no. 373 0° 100 0° 10000 0° 1000 0° 10000 0° 10000 0° 10000 0° 1000 0° 1000 0° 100000 0° 100	
Last Tost 2rd @harred Waam 66.99, w 3rd @ 00 NVAa 52.68, w 4th @ depther 53.75, w 5th @ hartscharm 91.22, w 7th @ mich 31.22, w	
Link Year 2nd there it through 54, 59 m, w 3rd ▲ cons Value 55,66 m, w 55,66 m, w 55,76 m, w 55,76 m, w 55,76 m, w 55,72 m, w 5th ➡ cleast cannow 51,20 m, w 52,78 m, w 52,78 m, w 52,78 m, w 52,78 m, w 51,20 m, w 51,2	
3rd Chu Waie 55 Génu 4th -0. der britu 5375-m; 5th -0. brait former 532-m; 6th -0. brait former 532-m; 7th -0. mr/mb 5152-m;	
401 ● Arc/antique 53.75-w. 561 ● Stat/antique 53.27-w. 661 ● Chart W 52.78-w. 701 ● Mrsch 51.92-w.	
Bth OB Constraint 53.2 cm, or Bth #0 Constraint 53.2 cm, or 7th OB intervection 51.9 2cm, or	
6th 🕅 0ker W 52.78 7th 🕒 jas lynch 51.92	
7th 😝 jon lynch 51.92 may	
Chris Wales 8th 🚯 Karah Bel 47.32	
50 70 \ A //L + 9th @ Jon Janson 46.37 we	
JZ./J VV/KG 10th ⊕ Rok Bressultan 43.94e	
11th 😝 aricka price 34.79 may	

SETTINGS

